

All rolls are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Name: _____ Location: _____ Date: _____		1) HOT: Pulled Beef BBQ, Coleslaw, Broccoli, Wheat Bun, Pear COLD: Grilled Tuna & Whole Grain Pasta Salad, Green Pea Salad, Sliced Beets, Roll, Pear VEG: BBQ Tofu, Coleslaw, Broccoli, Wheat Bun, Pear	2)  HOT: Roast Pork Loin, Lima Beans, Carrots, Mashed Potatoes, Dinner Roll COLD: Smoked Turkey Breast, Sandwich Bun, Potato Salad, Carrot Sticks VEG: Cheese Manicotti w/Marinara, Lima Beans, Carrots, Mashed Potatoes, Dinner Roll	3) Lasagna Day Hot or Vegetarian options available
6) HOT: Spaghetti w/Meat Sauce, Broccoli, Yellow Squash, Breadstick, Orange COLD: California Chicken Salad w/ Almonds & Grapes, Green Salad, Marinated Broccoli, Sandwich Roll, Orange VEG: Baked Ziti with Cheese, Broccoli, Yellow Squash, Breadstick, Orange	7) HOT: Curry Chicken, Brown Rice Pilaf, Ratatouille, Roasted Carrots w/ Dill, Naan Bread COLD: Roast Beef & Swiss, Sandwich Bun, Potato Salad, Sliced Beets VEG: Vegan Curry Chick'n, Brown Rice Pilaf, Ratatouille, Roasted Carrots w/Dill, Naan Bread	8) HOT: Pot Roast with Gravy, Mashed Potatoes, Green Beans, Cauliflower, Roll, Fruit Cocktail COLD: Sesame Noodles w/Chicken, Green Bean Salad, Carrot & Raisin Salad, Roll, Fruit Cocktail VEG: Vegan Pot Roast with Gravy, Mashed Potatoes, Green Beans, Cauliflower, Roll, Fruit Cocktail	9) HOT: Teriyaki Chicken Legs, Wild Rice Pilaf, Sauteed Kale w/Onion, Coleslaw, Dinner Roll COLD: Tuna Salad, Couscous Salad, Coleslaw, Sliced Beets, Roll VEG: Teriyaki Tofu, Wild Rice Pilaf, Sauteed Kale w/Onion, Coleslaw, Dinner Roll	10) HOT: Baked Salmon Chunks w/ Tomato-Dill Sauté, Warm Farro Salad, Green Peas, Green Salad, Parker House Roll, Apple COLD: Pesto Chicken Salad Slider, Potato Slider Rolls, Green Bean Salad, Cucumber Slices, Apple VEG: BBQ Vegan Meatballs, Warm Farro Salad, Green Peas, Green Salad, Parker House Roll, Apple
13) HOT: Mojito Lime Tilapia, Red Beans & Rice, Oven Fried Okra, Corn Bread, California Veggies, Diced Mango COLD: Seafood Whole Grain Pasta Salad, Three-Bean Salad, Cucumber Slices, Roll, Diced Mango VEG: Vegan Chick'n Tenders, Red Beans & Rice, Oven Fried Okra, Cornbread, California Veggies, Diced Mango	14) HOT: Country Beef Stew, Boiled Potatoes, Collard Greens, Roll COLD: Grilled Chicken Breast, Green Salad, Marinated Broccoli, Sandwich Roll VEG: Portobello Mushroom, Tofu, Vegetable, & Bean Stew, Boiled Potatoes, Collard Greens, Roll	15) HOT: Oven Fried Chicken Drumsticks, Mac & Cheese, Sliced Carrots, Spinach, Roll, Apple COLD: Turkey Salad, Lima Bean & Corn Salad, Carrot-Raisin Salad, Sliced Bread, Apple VEG: Oven Fried Vegan Chick'n, Mac & Cheese, Sliced Carrots, Spinach, Roll, Apple ***BIRTHDAY CUPCAKE***	16)  HOT: Baked, Breaded Pork Chop, Baked Sweet Potatoes, Green Beans, Corn COLD: California Chicken Salad w/ Almonds & Grapes, Green Salad, Green Bean Salad, Croissant VEG: Veggie Burger w/Vegetable Gravy, Baked Sweet Potatoes, Green Beans, Corn, Parker House Roll	17) TASTE THE WORLD HOT: Beef Kafta (Ground Beef with Herbs & Spices), Basmati Rice, Hummus, Pita Bread, Cucumber-Yogurt Salad, Orange COLD: Chicken Shawarma, Lebanese Salad (Lettuce, Tomato, Cucumber, Red Onion, Mint, Citrus Vinaigrette, Hummus, Pita Bread, Orange VEG: Falafel Sandwich, Basmati Rice, Hummus, Pita Bread, Cucumber-Yogurt Salad, Orange WELCOME TO LEBANON!

<p>20) HOT: Pulled Chicken BBQ, Potato Wedges, Broccoli, Bun, Pear</p> <p>COLD: Grilled Tuna & Pasta Salad, Green Pea Salad, Stewed Tomatoes, Roll, Pear</p> <p>VEG: BBQ Tofu, Potato Wedges, Broccoli, Bun, Pear</p>	<p>21) TASTE THE USA</p> <p>HOT: Beef Fajitas w/Peppers & Onions, Mexican Green Rice, Black Beans, Sliced Carrots, Tortilla</p> <p>COLD: Southwest Chicken Salad with Corn, Black Beans, Peppers, and Tortilla Strips, Ranch Dressing, Pico de Gallo, Tortilla</p> <p>VEG: Vegan Fajitas, Mexican Green Rice, Black Beans, Sliced Carrots, Tortilla</p> <p>WELCOME TO THE SOUTHWEST!</p>	<p>22)</p> <p>HOT: Sweet & Sour Chicken, Brown Rice, Asian Vegetable Blend, Roll, Banana</p> <p>COLD: Roast Beef & Cheddar, Sandwich Bun, Greek Potato Salad (No Mayo), Sliced Beets, Banana</p> <p>VEG: Vegan Sweet & Sour Chick'n, Brown Rice, Asian Vegetable Blend, Roll, Banana</p>	<p>23)</p> <p>HOT: Lemon Pepper Tilapia, Gnocchi w/Alfredo Sauce, Wax Beans, California Veggies, Pita</p> <p>COLD: Ham & Swiss, Sliced Bagel, Carrot & Celery Sticks, Coleslaw, Couscous Salad</p> <p>VEG: Cheese Manicotti, Mixed Vegetables, Steamed Kale, Roll</p>	<p>24)</p> <p>HOT: Salisbury Steak & Gravy, Mashed Potatoes, Collard Greens, Corn, Parker House Roll, Apple</p> <p>COLD: Curry Chicken Salad, Wild Rice Salad, Marinated Tomato Salad, Cucumber Slices, Roll, Apple</p> <p>VEG: Vegan Salisbury Steak & Gravy, Mashed Potatoes, Collard Greens, Corn, Parker House Roll, Apple</p>
<p>27) CLOSED</p>  <p>Memorial Day</p>	<p>28)</p> <p>HOT: Baked Ziti w/Beef, Green Beans, Capri Vegetables, Bread Stick, Diced Peaches</p> <p>COLD: Fettucine w/Diced Tomatoes & Grilled Chicken, Broccoli Florets, Carrot-Raisin Salad, Roll, Diced Peaches</p> <p>VEG: Vegetarian Baked Ziti with Vegetables, Ricotta, & Mozzarella, Green Beans, Capri Vegetables, Bread Stick, Diced Peaches</p>	<p>29)</p> <p>HOT: Chicken Ala King with Veggies, Rice Pilaf, Spinach, Roll</p> <p>COLD: Egg Salad Plate, Pasta Salad, Spinach Salad, Cole Slaw, Roll</p> <p>VEG: Tofu Ala King with Veggies, Rice Pilaf, Spinach, Roll</p>	<p>30)</p> <p>HOT: Broiled Flounder, Warm Farro Salad, Sauteed Kale, Stewed Tomatoes, Parker House Roll</p> <p>COLD: Smoked Ham & Cheese, Sliced Bread (2), Sliced Beets, Potato Salad</p> <p>VEG: Caribbean Red & Green Lentils, Warm Farro Salad, Sauteed Kale, Stewed Tomatoes, Parker House Roll</p>	<p>31)</p> <p> HOT: Smothered Pork Chop w/Gravy, Quinoa, Carrots, Mashed Potatoes, Cornbread, Applesauce</p> <p>COLD: Lime-Parsley Rotini with Grilled Chicken, Green Salad, Chickpea Salad, Roll, Applesauce</p> <p>VEG: Grilled Veggie & Bean Burrito, Quinoa, Carrots, Mashed Potatoes, Cornbread, Applesauce</p>

NUTRITION NOTES: You may miss out on different nutrients that different foods provide if you eat the same foods every day. For instance, cashews and pine nuts are a good source of magnesium. But if you don't occasionally eat sunflower seeds and hazelnuts, too, you may be skimping on your vitamin E.

The same rule applies to foods' color. Each color of the rainbow brings unique nutritional benefits, essential for optimal health. For example, green veggies and fruits provide you with lots of plant-based phytonutrients like chlorophyll. But you may lack the phytonutrients from red, orange, yellow, and blue/purple plant-based foods. The United States Department of Agriculture recommends building your plate with a variety of fruits, veggies, grains, dairy and lean protein. Make sure to fill half your plate with fruits and veggies and then add whole grains and protein.

Try to add new color variations into your diet rotation like purple cauliflower, white asparagus, sweet potatoes and rainbow-colored carrots. If you're not sure where to start, consult with a dietitian.